

NEW TEEN PERSONAL TRAINING

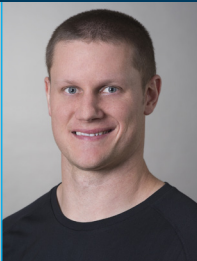


TRAINER TESTED TEEN APPROVED

For athletes and non-athletes alike looking to improve their performance and build a foundation of fitness to last a lifetime, small group personal training is now available for ages 13-18.

- ◆ Customized 30-minute personal training sessions for all fitness levels
- ◆ Small group environment (2-4 people), fostering camaraderie and support
- ◆ Full-body fitness to increase physical capacity
- ◆ Mobility, flexibility and injury prevention
- ◆ Metabolic and cardiovascular conditioning
- ◆ Core and strength training
- ◆ Proper, safe training techniques

For more information, Ryan Sheppard, MSED | rsheppard@cooperfitnesscenter.com | 972.233.4832, x4405



RYAN SHEPPARD, MSED

Ryan has coached youth and teens for 9 years and is a certified strength and conditioning specialist. His time as a collegiate strength and conditioning coach drove his passion to help young people improve their fitness. He specializes in sport-specific power, speed and agility, and focuses on injury prevention.



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